

Client's Name:

Program:

\*Rest period: 30 seconds – 1 minute

<b>EXERCISES</b>	<b>SETS</b>	<b>REPS</b>	<b>WEIGHT</b>	<b>NOTES</b>
Warm-up <ul style="list-style-type: none"><li>• 5-10 minutes</li></ul>	-anything that incorporates your whole body and brings up your heart rate to the point where you feel your body feeling warm/hot			
Cool Down <ul style="list-style-type: none"><li>• 5-10 minutes</li></ul>	-treadmill jog -elliptical			
Stretches <ul style="list-style-type: none"><li>• 30 seconds each</li></ul>	-stretch all major muscle groups -especially stretch muscles that were worked -ask me if you don't know any stretches to do			